

Baked Broccoli and Cauliflower

Baking broccoli and cauliflower releases some of the chemical reactions that raw broccoli and cauliflower can produce in the stomach. The longer it is baked, the less internal reaction will occur. If the broccoli and cauliflower is only softened, the chemical reaction with stomach acids will still occur, though perhaps lessened if the stomach is full of other food. Fully cooked broccoli and cauliflower should be soft enough to cut with a fork. Butter and bacon or ham bits will improve the flavor, and they may reduce later stomach reactions. Include them in a casserole, instead of an individual dish.

Precook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits (gluten)
- Broccoli
- Butter (lactose)
- Cauliflower
- Ham
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 1 quart oven safe pan with lid

Ingredients:**Meat:****Optional:**

1/4 cup chopped ham, or
1/4 bacon bits

Vegetables:

15 ounces of chopped broccoli
15 ounces of chopped cauliflower

Other ingredients:

2 tablespoons of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and chop:
15 ounces of broccoli
15 ounces of cauliflower
2. Chop optional:
1/4 cup chopped ham, or
1/4 bacon bits
3. Add to oven safe 1 quart pan with lid:
15 ounces of broccoli
2 tablespoons of butter
15 ounces of cauliflower
Dash of salt
Spices, such as pepper, to taste
Optional:
1/4 cup chopped ham, or
1/4 bacon bits
4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 30 minutes

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.